



ALIVE YOGA & PILATES

Private & Semi-Private Pilates Sessions Info Pack



@ALIVE_YOGA_PILATES



Private & Semi-Private Pilates Sessions Info Pack

Do you prefer working in a small group environment?

Are you dealing with any pain or injuries that hold you back from participating in large group classes?

Are you new to Pilates and need a little more individualised attention before tackling a group fitness class?

Then our Semi-Private and Private Sessions are for you!

Pilates Semi-Private Sessions

For those who:

- Prefer a small-group environment with lots of space to train in
- Would benefit from individualised attention but also like having some self-led-practice
- Are returning to Pilates after a long period of time

What will it involve?

INITIAL CONSULTATION (30 minutes)

- Your first session will consist of a Static and Dynamic Postural assessment. These two assessments allow us to get an idea of how your body sits and moves in space. This information will help us form a Pilates program that is catered specifically to you and your bodies needs, as well as factoring in your own personal goals.

SUBSEQUENT CONSULTATIONS (50 mins)

- The session that will follow will be alongside 1 or 2 others who will also be working on their individual programs. In these sessions, the instructor will divide their time up evenly between each client to give them an even amount of assisted practice as well as some self-led-practice.



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Pilates Private Sessions

For those who:

- Are experiencing long term pain/recovering from injury and need 1:1 assistance.
- Are brand new to Pilates and would like a 1:1 induction before tackling group classes.
- Prefer more "PT" style training and want to be pushed and challenged in ways that are specific to their body and goals.

What will it involve?

INITIAL CONSULTATION (30 minutes)

- Your first session will consist of a Static and Dynamic Postural assessment. These two assessments allow us to get an idea of how your body sits and moves in space. This information will help us form a Pilates program that is catered specifically to you and your bodies needs, as well as factoring in your own personal goals.

SUBSEQUENT CONSULTATIONS (50 mins)

- The session that will follow will be us taking you through the program we have put together from the information gathered the session before.
- From here, we will stick with the same program for a number of weeks until either of us feel like it's time to add more challenge which will help you further progress towards your personal goals.

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Pricing Structure

Initial: Structure for new clients starting Private/Semi-Private Sessions

	Introductory Offer	1:1 Initial Consultation <small>(stand alone)</small>	Singular Session
Private	Initial Consultation + 2 Privates \$280	\$100	\$100
Semi-Private 2:1 or 3:1	Initial Consultation + 2 Semi-Privates \$200	\$100	\$70

Ongoing: Structure for clients once they have completed their Initial sessions

	3 Pack	5 Pack	Singular Session
Private	\$255	\$380	\$100
Semi-Private 2:1 or 3:1	\$180	\$280	\$70

Payment Policy:

- All sessions/session packs must be pre-paid within 48 hours of your session.
- You will receive an email and/or message 48 hours before your session if payment has not been made for your upcoming session.
- Once sessions have been paid for, they cannot be refunded, only credited (if outside the 24 hour cancellation window).

Cancellation Policy:

- Our Semi-Private and Private Sessions have a 24-hour cancellation policy.
- If you cancel within the 24-hour window leading up to your session, this session will be forfeited and you are unable to receive a refund or credit for this class.



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Cecily Hemphill

PILATES INSTRUCTOR

Certificate IV Pilates Matwork & Reformer
Diploma of Professional Pilates Instruction

Cecily graduated from her Certificate IV in Pilates Mat & Reformer with Breathe Education in 2018 and has been instructing group fitness classes since the start of 2019 at studios across the North-Melbourne area. At the start of 2020, Cecily enrolled in her Diploma of Professional Pilates Instruction with National Pilates Training where she learnt the skillset to analyse and program for a persons specific needs and teach clients in 1:1 or small group environment; catering for low-risk injuries and general physical wellbeing. Cecily started taking on some 1:1 clients whilst in lockdown via Zoom and is excited to now be able to expand on this within the studio as one of our Pilates instructors and co-owners of the studio.

Kara Price

PILATES INSTRUCTOR

Certificate IV Pilates Matwork & Reformer
Bachelor of Exercise and Sports Science



Kara has been working in the fitness industry since 2016 and graduated from the Bachelor of Exercise and Sports Science in 2020. During university, Kara completed rehabilitation units where she learnt how to apply knowledge of anatomy and biomechanics to assist clients with specific needs. Kara completed the Certificate IV in Mat and Reformer Pilates in 2018 and began working as an instructor in 2019. Kara, is looking forward to creating programs for each client's specific needs in 1:1 and small group sessions.



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Kara Bourke

PILATES INSTRUCTOR & PERSONAL TRAINER

Certificate III & IV in Fitness

Certified Practitioner in Pilates Matwork & Studio

Having worked in the fitness industry since 2014 as a Group Fitness Instructor and Personal Trainer I first started Pilates as a way to compliment my own fitness routine and I quickly saw first hand the benefits of Pilates as a way to build body awareness, strength and mobility. Inspired by the changes I saw in my own body I went on to complete my certification in mat and then studio/rehab Pilates with Polestar Pilates. I'm very lucky to have found a career I'm passionate about. The most rewarding part of my job is seeing clients gain confidence in their movements, feel stronger and understand just what their body is capable of.



Pre-Exercise Screening Form

Name: _____

Street Address: _____

Suburb: _____ State _____ Postcode: _____

Home Phone: _____ Mobile: _____

Email: _____ DOB: _____

Occupation: _____ Place of work: _____

Work Phone: _____ Facsimile: _____

Emergency Contact – Name & Number: _____

Current Injuries: _____

Previous Injuries: _____

Restrictions: _____

Conditions: _____

Medications: _____

Treatments: _____

Do you have or have you in the past contracted an infectious disease (eg dermatitis, hepatitis, HIV)?: Yes No

If yes, please give details: _____

Have you ever had undiagnosed pain in the following:

Neck		Hips	
Shoulders		Knees	
Back		Ankles	
Other			

If yes to any of the above, please give details: _____

Has the above pain or injuries affected you in any way? Please give details: _____

Are you pregnant? Yes No When are you due? _____

Do you have children? Yes No How many? _____

Birth and baby history: _____

Current Exercise: _____

Usual Intensity: _____ Frequency: _____

Goals: _____

Are you, or have you ever trained at an elite level in any sport or art? _____

I agree that the information I have given on this document is true and correct. I have read and understood all the wording printed on this document and accept full responsibility for my actions at any and all times on the premises of Alive Yoga & Pilates and during any workouts, classes, practice and use of equipment in any way whilst engaged in activities on the above premises.

I understand that I must give 24 hours notice for cancellation of bookings or the full fee will be charged/my session will be forfeited.

Signed: _____

Date: _____